English 122: 4-6 Assignment- Summarizing

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In Daniel T. Willingham's article "The High Price of Multitasking," he talks about the dangers of multitasking. The author discusses how when people talking on the phone regardless of if it is hands-free while driving is still too much of a distraction because of the incompatible task your brain is doing. The author also discusses that even listening to music is a big distraction that slows your reaction time. The author even shows studies that show that when you're working on a problem and it suddenly changes that your brain has a slower reaction time in solving the problem, this is even true while driving a distraction could cause a few-second delay in your reaction. The author also talks about multitasking in the workplace, that when you're listening to music that could distract you enough to affect the quality of your work.

Reference

The High Price of Multitasking Willingham, Daniel T

“https://www.nytimes.com/2019/07/14/opinion/multitasking-brain.html “